

NH Veterans Home Celebrates Health Benefits of Nuts



Sandy Valtz, RNC

TILTON, NH - Sandy Valtz, RNC, Wellness Coordinator at the New Hampshire Veterans Home (NHVH), is nuts about nuts and she's hoping to educate her fellow employees about the health benefits of almonds, pistachios, walnuts, peanuts, pine nuts, pecans, hazelnuts, and other nuts.

She says, "Most people think nuts are high in calories and fat—and they are,

but eaten in moderation, nuts can provide an excellent source of protein and fiber and can help reduce cholesterol. Researchers found that people who eat nuts regularly have a lower risk of heart disease. Nuts are rich in fiber, phytonutrients and antioxidants such as Vitamin E and selenium. Nuts are also high in plant sterols and fat - but mostly monounsaturated and polyunsaturated fats (omega 3 - the good fats) which have all been shown to lower LDL cholesterol. Unsalted nuts are a satisfying, energy-boosting, healthy snack. You can mix them with oatmeal and dried fruit, sprinkle them on yogurt or cereal, or use them to make an entrée like pasta with pesto sauce."



Almonds are a filling snack. They are a good source of fiber and contain protein as well as monounsaturated fat--all of which may help keep you satisfied.

On Thursday, June 26 Valtz delivered portion-size servings of nuts to NHVH staff. She created a Nut Information display poster in the staff break room, featuring topics like Guidelines for Healthy Snacks, Nut Facts, Incorporating Nuts in Your Lifestyle, and more.

"Nut education is just part of our wellness program," she explains. "In July we are going to reinforce the importance of calcium—reminding people who want to prevent osteoporosis to take 400 IU of Vitamin D as well as a multivitamin that contains Vitamin D every day. We are also going to be providing a salad bar for staff on July 10 and the Employee Benefit Committee will be providing watermelon for dessert."

Representing the New Hampshire Veterans Home, Valtz will be presenting information about the Home's Wellness Program at a meeting of all statewide Wellness Coordinators in September.

The New Hampshire Veterans Home was established in Tilton in 1890 as the Soldier's Home for Civil War Veterans. One of just four New Hampshire nursing homes to win the 2007 Quality of Life Award from the NH Department of Health & Human Services, the modern facility is home to 200 men and women who have served their country and fellow New Hampshire citizens. The mission of NHVH is to provide high quality, professional long-term care services to the Granite State's elderly and disabled veterans. NHVH is the only long-term care facility in the Granite State that is dedicated exclusively to veterans.



The Salad Bar will return on July 10.